Rectal Bleeding Treatment

Self-Care at Home

If minimal rectal bleeding, such as blood-streaked toilet tissue, is the source of the problem, it may be due to hemorrhoids or a rectal fissure. Home therapy can be attempted. All other causes of rectal bleeding should be evaluated and treated by a physician in a timely fashion.

- Self-care of rectal bleeding may include various rectal ointments and suppositories. These can be bought over-the-counter without a prescription. Still, if your symptoms are not improved within 1 week of treatment or you are older than 40 years, you should see your doctor for further evaluation.
- Simple home care of rectal bleeding might involve these actions:
  - Drink 8-10 glasses of water per day.
  - Bathe or shower daily to cleanse the skin around the anus.
  - Decrease straining with bowel movements.
  - Increase fiber in the diet with supplements such as Metamucil or foods such as prunes.
  - Avoid sitting on the toilet too long.
  - Apply ice packs to the affected area to decrease pain.

Medical Treatment

Regardless of the source of bleeding, treatment of significant blood loss will begin by stabilizing your condition.

- Initially, oxygen will be given and your heart will be monitored. An IV will be started to administer fluids and for a possible blood transfusion.
- Further treatment options will depend on the suspected source of bleeding. It is quite likely that a specialist such as a general surgeon, gastroenterologist, or colorectal surgeon will become involved in the treatment plan.
• Admission to the hospital is required when a marked amount of blood loss has occurred, if bleeding has not stopped, or if your vital signs have not become normal.

For more information, read the complete article, Rectal Bleeding on http://www.emedicinehealth.com.

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